

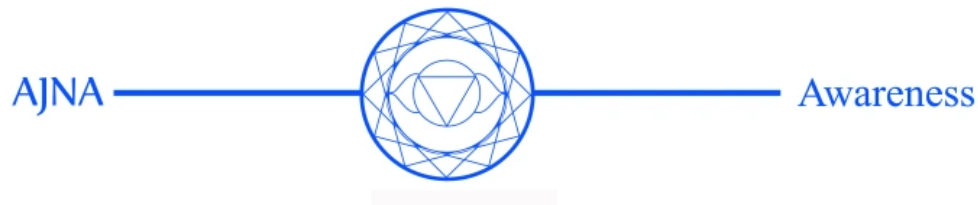


## Free Your Body w/Yoga

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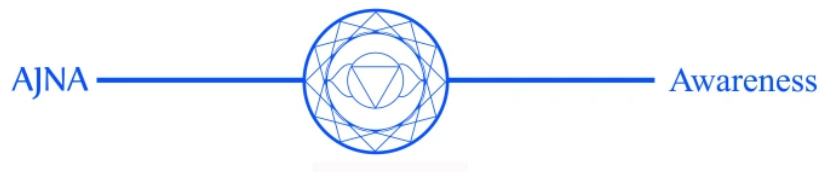
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The Third Eye and Mindfulness: Unlock your inner visions and open your mind to new possibilities.



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 21 June 2023 |

**The Third Eye and Mindfulness: Unlock your inner visions and open your mind to new possibilities.**



**The Third Eye and Mindfulness i**

The third eye is a spiritual and mystical concept that refers to the sixth chakra, or energy center, in the human body. It is located in the center of the forehead and is associated with intuition, clairvoyance, and spiritual awakening.

Mindfulness is a state of present-moment awareness. It is the ability to pay attention to what is happening in the present moment without judgment. Mindfulness can be cultivated through meditation, yoga, and other practices.



When the third eye is open, we can see beyond the physical world and into the realm of the unseen. We can access our intuition and receive guidance from our

higher selves. We are also able to see the world with greater compassion and understanding.

When we are mindful, we can pay attention to our thoughts and feelings without getting caught up in them. We can see them as they are, without judgment. This allows us to let go of negative thoughts and emotions, and to cultivate positive ones.

The third eye and mindfulness are two powerful tools that can help us to live more fulfilling and enlightened lives. By opening our third eye and cultivating mindfulness, we can unlock our inner visions and open our minds to new possibilities.

## Benefits of Opening the Third Eye

**There are many benefits to opening the third eye. Some of these benefits include:**

- **Increased intuition:** When the third eye is open, we are able to access our intuition more easily. This can help us to make better decisions, solve problems, and create a more fulfilling life.



- **Improved creativity:** The third eye is associated with creativity. When the third eye is open, we are able to tap into our creative potential and express ourselves in new and innovative ways.



- **Enhanced spiritual connection:** The third eye is also associated with spiritual connection. When the third eye is open, we are able to connect with our higher selves and with the divine. This can lead to a deeper understanding of ourselves, the world around us, and our place in the universe.







# How to Open the Third Eye

**There are many ways to open the third eye. Some of these methods include:**

- **Meditation:** Meditation is a powerful practice that can help to open the third eye. There are many different types of meditation, so find one that works for you and practice regularly.
- **Yoga:** Yoga is another powerful practice that can help to open the third eye. There are many different types of yoga, so find one that suits your needs and practice regularly.
- **Crystals:** Crystals are said to have healing properties, and some crystals are said to be particularly beneficial for opening the third eye. Some of these crystals include amethyst, lapis lazuli, and blue lace agate.
- **Visualization:** Visualization is a powerful technique that can help to open the third eye. Imagine a bright blue light shining in the center of your forehead. See this light growing brighter and brighter until it fills your entire field of vision.
- **Affirmations:** Affirmations are positive statements that can help to reprogram our subconscious minds. Repeat affirmations that are related to opening the third eye, such as “I am open to receiving guidance from my intuition” or “I am connected to my higher self.”

## Tips for Opening the Third Eye

**Here are a few tips for opening the third eye:**

- **Be patient:** Opening the third eye takes time and effort. Don't get discouraged if you don't see results immediately.
- **Be consistent:** The more you practice, the more likely you are to see results.

- **Be open:** Be open to new experiences and new ways of seeing the world.
- **Have fun:** Opening the third eye should be a fun and enjoyable process. If you're not enjoying yourself, you're less likely to stick with it.

**Opening the third eye can be a powerful and transformative experience. If you're interested in opening your third eye, there are many resources available to help you get started. With patience, consistency, and an open mind, you can unlock your inner visions and open your mind to new possibilities.**



## Why is the Third Eye Hard to Open?

The third eye is a spiritual and mystical concept that refers to the sixth chakra, or energy center, in the human body. It is located in the center of the forehead and is associated with intuition, clairvoyance, and spiritual awakening.

Opening the third eye is a difficult process. It requires a great deal of dedication, effort, and patience. There are many reasons why the third eye is hard to open. Some of these reasons include:

- **Our society discourages intuition.** In our society, we are taught to rely on logic and reason. We are told that intuition is not a reliable source of information. This can make it difficult to trust our intuition and to open our third eye.
- **We are bombarded with distractions.** In today's world, we are constantly bombarded with distractions. We are constantly checking our phones, watching TV, and listening to music. These distractions can make it difficult to focus and to quiet our minds. This is necessary for opening the third eye.
- **We have negative thoughts and emotions.** Negative thoughts and emotions can block the third eye. When we are feeling angry, fearful, or resentful, it is difficult to open our third eye. We need to learn to let go of negative thoughts and emotions in order to open our third eye.
- **We have limiting beliefs.** Limiting beliefs are thoughts that we believe to be true, but that are actually holding us back. For example, we may believe that we are not good enough, or that we are not worthy of opening our third eye. These limiting beliefs need to be challenged in order to open our third eye.

**Despite the challenges, opening the third eye is a rewarding experience. When the third eye is open, we can:**

- **Access our intuition.** Our intuition is our inner guidance system. It is the voice that tells us what is right and wrong. When the third eye is open, we are able to access our intuition more easily.





- **See beyond the physical world.** When the third eye is open, we are able to see beyond the physical world and into the realm of the unseen. We are able to see auras, chakras, and other subtle energies.





- **Connect with our higher selves.** Our higher selves are our true selves. They are the part of us that is connected to the divine. When the third eye is open, we are able to connect with our higher selves more easily.



If you are interested in opening your third eye, there are many things you can do. Some of these things include:

- **Meditate.** Meditation is a powerful practice that can help to open the third eye. There are many different types of meditation, so find one that works for you and practice regularly.
- **Yoga.** Yoga is another powerful practice that can help to open the third eye. There are many different types of yoga, so find one that suits your needs and practice regularly.
- **Use crystals.** Crystals are said to have healing properties, and some crystals are said to be particularly beneficial for opening the third eye. Some of these crystals include amethyst, lapis lazuli, and blue lace agate.
- **Visualization.** Visualization is a powerful technique that can help to open the third eye. Imagine a bright blue light shining in the center of your forehead. See this light growing brighter and brighter until it fills your entire field of vision.



- **Affirmations.** Affirmations are positive statements that can help to reprogram our subconscious minds. Repeat affirmations that are related to opening the third eye, such as “I am open to receiving guidance from my intuition” or “I am connected to my higher self.”

**Opening the third eye is a journey, not a destination.** It is a process of growth and transformation. If you are patient, consistent, and open to new experiences, you can open your third eye and experience the many benefits that come with it.



### **75+ Affirmations**

**here are some mental hurdles to jump to open the third eye chakra:**

## **Mental Issues to Opening the Third Eye**



The third eye is a spiritual and mystical concept that refers to the sixth chakra, or energy center, in the human body. It is located in the center of the forehead and is associated with intuition, clairvoyance, and spiritual awakening.

Opening the third eye is a difficult process. It requires a great deal of dedication, effort, and patience. Many mental issues can make it difficult to open the third eye. Some of these mental issues include:

- **Anxiety:** Anxiety is a state of worry and fear that can be debilitating. It can make it difficult to focus and to quiet the mind, which are necessary for opening the third eye.
- **Depression:** Depression is a state of sadness and hopelessness that can make it difficult to feel positive emotions, such as intuition.
- **Low self-esteem:** Low self-esteem is a belief that one is not good enough. It can make it difficult to believe in oneself and to trust one's intuition.
- **Fear of the unknown:** Fear of the unknown is a fear of things that are not understood. It can make it difficult to embrace the unknown experiences that may come with opening the third eye.
- **Attachment to the material world:** Attachment to the material world is a belief that material possessions and experiences are more important than spiritual ones. It can make it difficult to let go of attachment and to focus on spiritual matters, such as opening the third eye.

If you are struggling with any of these mental issues, it is important to seek professional help before attempting to open your third eye. A therapist can help you to understand and to deal with these issues healthily. Once you have addressed these mental issues, you can then begin the process of opening your third eye.

## Here are some tips for opening the third eye:

- **Meditate regularly:** Meditation is one of the best ways to open the third eye. When we meditate, we quiet our minds and allow our intuition to come through.
- **Spend time in nature:** Nature is a powerful source of energy, and it can help to open the third eye. When we spend time in nature, we can connect with the divine and tap into our intuition.
- **Use crystals:** Crystals are said to have healing properties, and some crystals are said to be particularly beneficial for opening the third eye. Some of these crystals include amethyst, lapis lazuli, and blue lace agate.
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Opening the third eye is a journey, not a destination. It is a process of growth and transformation. If we are patient, consistent, and open to new experiences, we can open our third eye and experience the many benefits that come with it.

**Here are some of the benefits of opening the third eye:**



- **Increased intuition:** When the third eye is open, we are able to access our intuition more easily. This can help us to make better decisions, solve problems, and create a more fulfilling life.
- **Improved creativity:** The third eye is associated with creativity. When the third eye is open, we are able to tap into our creative potential and express ourselves in new and innovative ways.
- **Enhanced spiritual connection:** The third eye is also associated with spiritual connection. When the third eye is open, we are able to connect with our higher selves and with the divine. This can lead to a deeper understanding of ourselves, the world around us, and our place in the universe.

**If you are interested in opening your third eye, there are many resources available to help you get started. With patience, consistency, and an open mind, you can unlock your inner visions and open your mind to new possibilities.**

## **Here are 20 affirmations to open your third eye chakra:**

1. I am open to receiving guidance from my intuition.
2. I trust my intuition to lead me in the right direction.
3. I am connected to my higher self.
4. I am open to receiving messages from the universe.
5. I am a powerful being of light.
6. I am creative and expressive.
7. I am wise and insightful.
8. I am compassionate and understanding.
9. I am open to new experiences and learning.
10. I am grateful for the gift of intuition.
11. I am excited to explore my inner wisdom.
12. I am confident in my ability to tap into my intuition.
13. I am open to seeing the world through a new lens.

14. I am open to receiving guidance from my guides and angels.
15. I am open to receiving healing and transformation.
16. I am open to living a life of purpose and joy.
17. I am open to creating a better world.
18. I am open to the magic of life.
19. I am open to the unknown.
20. I am open to everything that is possible.

Repeat these affirmations to yourself daily, or whenever you feel the need to connect with your third eye chakra. You may also want to try meditating on these affirmations or writing them down in a journal. The more you focus on these positive thoughts, the more you will start to see your third eye chakra open and your intuition strengthen.

It is important to remember that opening your third eye is a process. It takes time, patience, and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and believing in yourself, and eventually, you will reach your goal.

**There are many esoteric spiritual exercises that can help to open the third eye chakra. Some of these exercises include:**



- **Shamanic journeying:** Shamanic journeying is a practice that involves traveling to the spirit world in order to gain insights and healing. This can be done through meditation, drumming, or chanting.
- **Working with a guide or teacher:** If you are serious about opening your third eye, it can be helpful to work with a guide or teacher who can help you along the way. A guide or teacher can provide you with support, guidance, and feedback.

Opening the third eye is a journey, not a destination. It is a process of growth and transformation. If you are patient, consistent, and open to new experiences, you can open your third eye and experience the many benefits that come with it.

# Here are some additional tips for opening the third eye:

- **Create a sacred space:** Find a quiet place where you can relax and focus on your practice.
- **Dress in loose, comfortable clothing:** This will help you to feel relaxed and at ease.
- **Light candles or incense:** This can help to create a calming and meditative atmosphere.
- **Play calming music:** This can help to further relax you and focus your attention.
- **Close your eyes and take a few deep breaths:** This will help to calm your mind and body.
- **Focus on your third eye chakra:** This is located in the center of your forehead.
- **Visualize a bright blue light shining in your third eye chakra:** See this light growing brighter and brighter until it fills your entire field of vision.
- **Repeat affirmations related to opening your third eye:** This can help to reprogram your subconscious mind and open your third eye.
- **Stay focused and patient:** Opening your third eye takes time and effort. Don't get discouraged if you don't see results immediately. Just keep practicing and believing in yourself, and eventually you will reach your goal.

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## Pre-Caution

While engaging in any **yoga activities**, **always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.



Instantly heal your chakras with  
this binaural recording [LINK](#)



Instantly heal your chakras with  
this binaural recording [LINK](#)

## Resources



# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- **The American Psychological Association:** <https://www.apa.org/>

- **Prison Yoga Project – 200hr Yoga Teachers**

**Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- **In The Rooms (web based 12-STEP rooms)**

<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

**Sign up for our newsletter:** <http://eepurl.com/hQlzgl>

**Dharma Seeds Press bookstore:** <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

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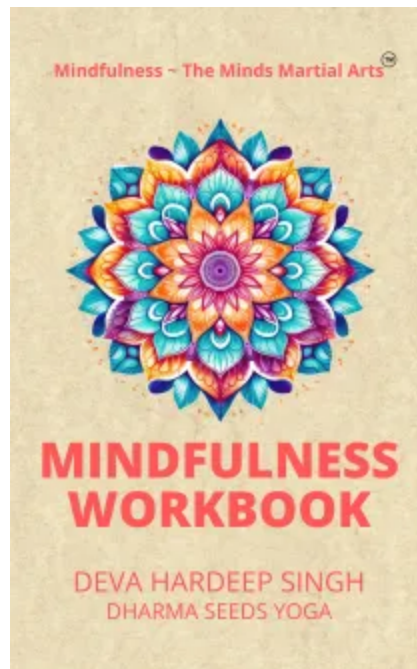
## Join our Engage Mindfulness™ *Minds* Martial Artist™ program FREE



For more information on our Engage Mindfulness™ please

email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)

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## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

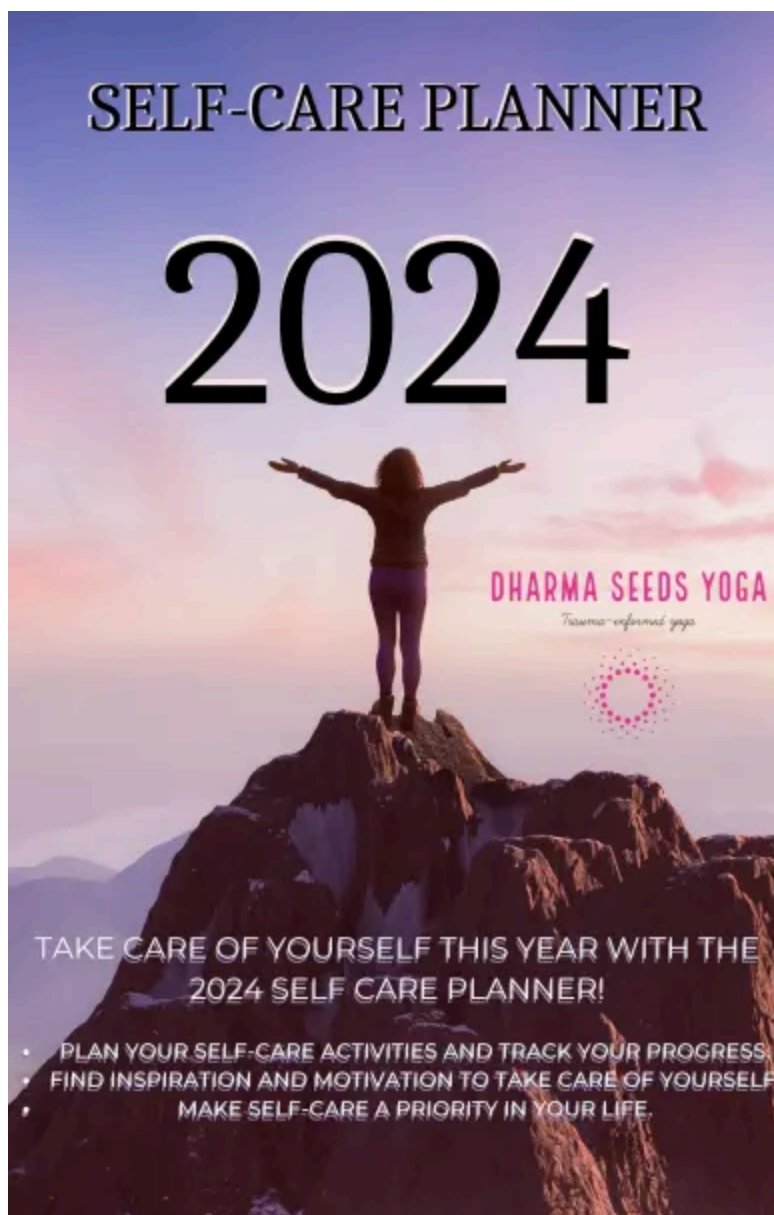
Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

### The Mind's Martial Arts™ Chapter 1



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## Coming in August



*Sample PDF*

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<https://bit.ly/DSY-Binaural1>

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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury)** is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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